

Abstract of the Disclosure

A fiber optic cable having optical fibers disposed in buffer tubes, the buffer tubes defining at least two layers generally stranded about a center area of the cable. The
5 buffer tube layers define a relatively inner layer of buffer tubes being closer to the center area, and an outer layer of buffer tubes being relatively further from the center area. The inner and outer buffer tube layers each having a
10 respective helix value, the respective helix values being substantially the same. Alternatively, the respective helix values can be substantially non-equal. In addition, fiber optic cable systems including balanced helix factors have optical connections between layers of buffer tubes of the
15 respective cables.